



AUGUST 31, 2015

Ending the month with a final burst of summer weather!
Wishing all Rotarians a safe and happy Labor Day weekend and whatever you do...
don't come to the meeting next week because there isn't one.

NOT JUST HORISING AROUND



Motivated by the joy of seeing miracles—that's what Rotarian Autumn Zick says drives her energy for The Equestrian Center (TEC). TEC is a non-profit 501(c)3 organization located in Watervliet that is a year-round facility serving Berrien, Cass and Van Buren counties. The mission of TEC is to enhance the lives of people with special needs through horse-related activities and have served those as young as 3 and older than 80.

There are over 40,000 people with disabilities in the tri-county area. Those served by TEC include:

- Autism
- Down Syndrome
- Cerebral Palsy
- Hearing Impairment
- Visual Impairment
- Speech Impairment
- Developmental Delay
- Learning Disabilities

- Emotional and Behavior Challenges
- Paralysis



There are two main programs at TEC—Year-Round Therapeutic Horseback Riding and Saddle STARS but they also offer Community-Based Instruction and Equine Facility Learning. Julee Laurent also shared future plans to partner with Lest We Forget to offer veteran services as well as to host summer camp opportunities for special needs individuals.

In 2014 alone, TEC has some impressive impact statistics:

- 113 individuals served
- 873 hours of Therapeutic Riding
- 985 hours of Saddle STARS programming

- 768 hours of Community-Based Instruction
- 27% increase in the number of riders
- 6,892 volunteer hours

So, what's so special about horses?—as it turns out, quite a few things. A horse's movement and gait mirrors peoples walking which provides benefits that can't be replicated in a clinic. The warmth of a horse can loosen tight muscles. Horses mirror our emotions and can motivate riders to communicate and express themselves. And of course, horses are FUN!

For the riders, these experiences offer a range of benefits. Participants experience increased muscle strength and tone allowing overly tight muscles to relax. Many experience improvements with balance, mobility and range of motion. Beyond the physical, participants also show improved confidence and self-esteem, a greater ability to focus and stay on task and even improved problem-solving ability.

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Joke of the Week!

Proofreading is a dying art, wouldn't you say?



Man Kills Self Before Shooting Wife and Daughter

This one I caught in the SGV Tribune the other day and called the Editorial Room and asked who wrote this. It took two or three readings before the editor realized that what he was reading was impossible!!! They put in a correction the next day.

Something Went Wrong in Jet Crash, Expert Says

Police Begin Campaign to Run Down Jaywalkers

Now that's taking things a bit far!

Panda Mating Fails; Veterinarian Takes Over

What a guy!

Miners Refuse to Work after Death

No-good-for-nothing' lazy so-and-so's!

Juvenile Court to Try Shooting Defendant

See if that works any better than a fair trial!

War Dims Hope for Peace

I can see where it might have that effect!

If Strike Isn't Settled Quickly, It May Last Awhile

Ya think?!

Cold Wave Linked to Temperatures

Who would have thought!

Enfield (London) Couple Slain; Police Suspect Homicide

They may be on to something!

Red Tape Holds Up New Bridges

You mean there's something stronger than duct tape?

Man Struck By Lightning: Faces Battery Charge

He probably IS the battery charge!

New Study of Obesity Looks for Larger Test Group

Weren't they fat enough?!

Astronaut Takes Blame for Gas in Spacecraft

That's what he gets for eating those beans!

Kids Make Nutritious Snacks

Do they taste like chicken?

Local High School Dropouts Cut in Half

Chainsaw Massacre all over again!

Hospitals are Sued by 7 Foot Doctors

Boy, are they tall!

And the winner is....

Typhoon Rips Through Cemetery; Hundreds Dead

Did I read that right?

ANNOUNCEMENTS & EVENTS

- 9/7 – Labor Day – NO MEETING
- 9/14 Meeting – Ken Flowers and Dr. Bob Harrison, New Hanson Technology Center at LMC
- 9/21 Meeting – Dr. Patricia Quattrin, Benton Harbor Girl's Academy



With Debra Trapikas recently being appointed District 6360 Secretary, the e-Wheel could use some help. If you're interested in participating in any capacity, please contact Emily Hosinski at emily_m_hosinski@whirlpool.com.

The Membership Committee is also looking for new members. Contact Dwight Bowman at cndbowman@aol.com if you're interested in joining.

Happy Anniversary

Bill & Pat Johnson



Visiting Rotarians

Andrew Williams from Elkhart, Indiana



Rotarians with Guests

Debra Trapikas brought Kim Sober and exchange student Sasha Yanushko

Matt Hanley brought Liz Philstrop

Ken Wuerfel brought exchange student Roosa Takala



Lisa Cripps-Downey on the removal of your "new member" yellow ribbon (ribbonectomy)!

NOT HORSING AROUND

(CONTINUED)

One participant is quoted as saying "the first time I was on (a horse) I felt muscles I never felt before... It's relaxing once I get in the groove of it... I never thought something like this was possible."



The horses at TEC are all specially and carefully chosen and are all senior citizens on their second or third career according to Zick. She mentioned as well how each horse has a distinct personality and a particular strength that they're able to match with their participants' needs.

With the Therapeutic Riding Lessons program, lessons are made up of many components including tacking and grooming, mounting, riding exercises, riding lessons, games and dismounting. TEC has a variety of equipment to meet the varied needs of their participants. Instructors are all PATH Intl. certified, CPR and First Aid trained who are experienced with horse handling and

have many years of experience teaching individuals with different levels of ability. The actual cost of these lessons is \$41 but participants are only charged \$25 and no one is ever turned away for an inability to pay.

The STARS in the Saddle STARS program name stands for Safety, Teamwork, Attitude, Respect = Success. This is a collaborative program between TEC and Blossomland Learning Center (BLC). Students from 5 different classrooms from BLC participate in this six-week program on a rotational basis over the course of the school year.



NOT HORSEING AROUND

(CONTINUED)

Saddle STARS teaches the “Code of the West” values which includes doing what needs to be done, finishing what you start, taking pride in your work and to live each day with courage.



The Community-Based Instruction program is collaboration with BLC to provide job training. The goal of this program is to provide individuals with disabilities job skills that will enable them to transition into the workplace.



per year for their general care and another \$3,000 in annual insurance.

One way to support TEC is through their upcoming TEC FEST 2015 event which includes a Wild Wild West 5K and 10-Mile Bike Ride as well as a post-event family fun party including a concert, cornhole tournaments, kids games, lots of food, craft beer/wine tasting and much more! This event will take place on Sunday, September 13 at Riverview Park on Niles Road in St. Joseph. Visit www.tecfarm.org/TECFEST for more information!

Community support for TEC has allowed the organization to provide scholarships for program participants. In 2014, 31% of Therapeutic Riding Lesson participants were on scholarship as were all 60 Saddle STARS students. Costs involved in maintaining the program include \$4,000 per horse



WANT TO CONTRIBUTE TO THE E-WHEEL?

Your weekly email is brought to you by Debra Trapikas and Emily Hosinski. If you have an announcement, a bit of news you wish to share, or a story you wish to see featured, please write one or both at tawana53@aol.com or emily_m_hosinski@whirlpool.com. Thank you to Aaron Bradford for the wonderful photography!

Connect with the Rotary Club of St. Joseph-
Benton Harbor
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